

# *MOVE!*, The *MOVE!* Toolkit, Some Details on MOVE!23, Recommendations

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VA National Center for Health Promotion and Disease  
Prevention

– VHA Patient Care Services

# *MOVE!* Treatment

Primary Care Screening —→ *MOVE!*23  
Self-management Support (telephone) (Level 1)  
Group Sessions and/or Individual Specialty Consultation (Level 2)

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## Additional Levels

(not required to be available at every facility)

Weight Loss Medications (Level 3)  
Intensive Medical Intervention (Level 4)  
Bariatric Surgery (Level 5)



# Development Process

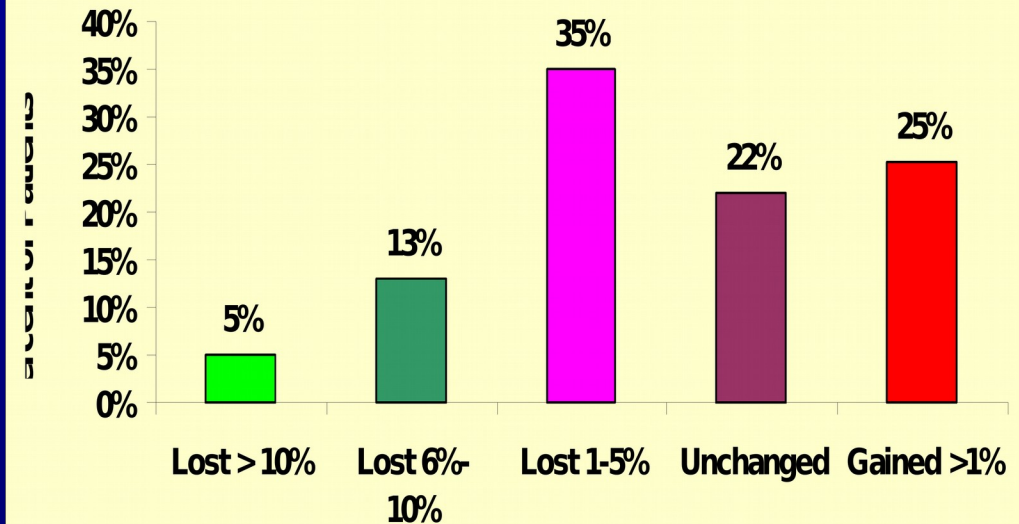
- NIH/NHLBI Guidelines - Tailored for VA
- Piloting – 2003-2005 (formal eval & calls)
- Early Implementation – 2005 (calls)
- National Implementation – 2006 (calls and annual report)



# Pilot Data

- Feasibility Trial – 2003-2006
  - 17 sites – n of 600
  - Final report available on website
  - Not a RCT
  - Identified barriers to implementation

Figure 26. Distribution of Weight Loss or Gain (N=408)



# Preparation for National Launch



# Preparations

- Stop Codes Established
- Pedometers available in Prosthetics Services
- Information Letter
- Policy: *MOVE!* Handbook signed by USH in March – calls for launch of Levels 1 & 2
- VSSC utilization data cube launched
- Leadership identified – face to face – training
- PR Campaign



- Toolkits distributed (see handout)



# Toolkit Evaluation

- 6 months following release – sent out evaluation
- 68% return rate
- Findings:
  - 91% reported that it positively impacted implementation
  - 84% rated usefulness as highly or extremely useful
  - 90% rated program materials as having a “wow” quality





# Toolkit Evaluation

- Findings:
  - The following specific items were rated as having been moderately or extremely helpful in establishing *MOVE!*:
    - Quick Start Manual – 92%
    - Patient Starter Folders – 89%
    - Color Program Brochures – 89%
    - Clinical Reference Manual – 85%
    - Pedometers for Staff – 83%
    - Laminated BMI and Physical Activity Sheets – 82%
  - Items with less favorable ratings included:
    - Marketing Stickers – 47%
    - Public Service Announcements CD, DVD, VHS 46%
    - Lapel Pins for Staff – 46%
    - Appointment Cards – 44%
    - Pedometer Labels for Prosthetics Service 44%



# Toolkit Evaluation- Comments:

- There were a large number of comments complimenting the quality of the toolkit items.
- Several comments noted a desire for additional patient folders and calendars.
- In terms of item numbers and the size of the toolkit, comments ranged from “I did not need half the stuff mailed to me” to “we need additional materials,” to “could have used about 10,000 more patient folders.”
- A similar number of respondents liked or disliked the staff pedometers.
- Other respondents recommended:
  - a handout on body mass index
  - appointment cards which would allow for weight tracking
  - an ordering mechanism for additional materials



# Toolkit Evaluation- Comments:

- Additional Items Desired:
  - Patient Calendars
  - Patient Folders with 10 standard handouts



# Preparations

- On-line Training
  - Goals
    - Provide evidence-based clinical content relevant to weight management for a variety of disciplines and skill levels
    - Provide guidance for implementing and integrating *MOVE!* into routine care in the VHA setting



# Training Audiences:

## Seven Target Audiences (Tracks)

Facility and VISN  
Coordinators

Behavioral Health  
Professionals

Dietitians

Physical Activity  
Specialists

Primary Care  
Nursing Staff

Primary Care  
Clerical Staff

Medical  
Providers



# Modules:

- Content broken into “modules”
- Each module
  - 3-5 objectives
  - 10-30 content “screens”
  - 5-10 self-assessment questions
  - Can be completed in 10-20 minutes
- Some modules relevant to more than one discipline, others unique
- Individuals receive continuing education credit by completing ALL modules in their respective discipline track



# Modules Overview:

Last Revised  
7/18/05

## MOVE! Web Training Modules Overview

Target Audience:	A MOVE! Facility and VSN Coordinators	B Primary Care Nursing Staff RN, LPN	C Medical Providers MD, PA, NP	D Behavior/Mental Health Professionals Psychology, Psychiatry, Social Work, Psych RN, NP, PA	E Dietitians	F Physical Activity Specialists PT, OT, KT, RT, Others	G Primary Care Clinic Clerical Staff
Content Focus:	*Program Overview *Minimal Clinical Content *Integration/Implementation	*Program Overview *Tailored Clinical Content Level 1-5 for Discipline *Brief Integration/Implementation	*Program Overview *Tailored Clinical Content Level 1-5 for Discipline *Brief Integration/Implementation	*Program Overview *Tailored Clinical Content Level 1-5 for Discipline *Brief Integration/Implementation	*Program Overview *Tailored Clinical Content Level 1-5 for Discipline *Brief Integration/Implementation	*Program Overview *Tailored Clinical Content Level 1-5 for Discipline *Brief Integration/Implementation	Program Overview With Emphasis on Admin/Logistical Issues
Modules:	1. Overview of MOVE! 2. Program Implementation- Part I 3. Program Implementation- Part II 4. Marketing MOVE! & Community Strategies	1. Overview of MOVE! 2. Screening/Offering/ Completing MOVE! 23 3. Health Behavior Change Counseling and Supporting Self-Care 4a. Basic Principles of Nutrition 4b. Basic Principles of Physical Activity 5. Level 2- Group Classes and Individual Consultation 6. Overview Level 3- Using Anti-obesity Medications 7. Overview Level 4 & 5- Brief Residential Treatment and Bariatric Surgery 8. Weight Loss Maintenance 9. Overview of Implementation/ Integration	1. Overview of MOVE! 2. Screening/Offering/ Completing MOVE! 23 3. Health Behavior Change Counseling and Supporting Self-Care 4a. Basic Principles of Nutrition 4b. Basic Principles of Physical Activity 5. Level 2- Group Classes and Individual Consultation 5. Medical Evaluation of Obesity 7. Medication Adjustment to Facilitate Weight Loss 8. Level 3-Using Anti-Obesity Medications 9. Level 4-Residential Treatment and Level 5 Bariatric Surgery Part I 10. Level 5- Bariatric Surgery Part II 11. Weight Loss Maintenance 12. Overview of Implementation/ Integration	1. Overview of MOVE! 2. Screening/Offering/ Completing MOVE! 23 3. Health Behavior Counseling and Supporting Self-Care (Disc. Specific) 4a. Basic Principles of Nutrition 4b. Basic Principles of Physical Activity 5. Level 2- Group Classes and Individual Consultation 6. Overview Level 3- Using Anti-obesity medications 7. Level 4-Brief Residential Treatment and Level 5 Bariatric Surgery 8. Weight Loss Maintenance 9. Overview of Implementation/ Integration	1. Overview of MOVE! 2. Screening/Offering/ Completing MOVE! 23 3. Health Behavior Counseling and Supporting Self-Care (Disc. Specific) 4a. Principles of Nutrition as part of Weight Mngmt. 4b. Basic Principles of Physical Activity 5. Level 2- Group Classes and Individual Consultation 6. Overview Level 3- Using Anti-obesity medications 7. Level 4-Brief Residential Treatment and Level 5 Bariatric Surgery 8. Weight Loss Maintenance 9. Overview of Implementation/ Integration	1. Overview of MOVE! 2. Screening/Offering/ Completing MOVE! 23 3. Health Behavior Counseling and Supporting Self-Care (Disc. Specific) 4a. Basic Principles of Nutrition 4b. Principles of PA as part of Weight Management 5. Level 2- Group Classes and Individual Consultation 6. Physical Activity and Chronic Disease 7. Overview Level 3- Using Anti-obesity medications 8. Overview Level 4 and 5 Brief Residential Treatment and Bariatric Surgery 9. Weight Loss Maintenance 10. Overview of Implementation/ Integration	1. Overview of MOVE!



# Example:

## Primary Care Nursing Staff

1. Overview of *MOVE!*
2. Screening / Offering / Completing *MOVE!*<sup>23</sup>
3. Health Behavior Change Counseling and Supporting Self-management
- 4a. Basic Principles of Nutrition
- 4b. Basic Principles of Physical Activity
5. Level 2-Groups Sessions and Individual Specialty Consultation
6. Overview Level 3 – Weight Loss Medications
7. Overview Level 4 and 5 – Brief Residential Treatment and Bariatric Surgery
8. Weight Loss Maintenance
9. Overview of Implementation/Integration





# Example:

Dietitians

1. Overview of *MOVE!*
2. Screening / Offering / Completing *MOVE!*<sup>23</sup>
3. Health Behavior Change Counseling and Supporting Self-management
- 4a. Nutrition as Part of Weight Management
- 4b. Basic Principles of Physical Activity
5. Level 2-Groups Sessions and Individual Specialty Consultation
6. Overview Level 3 – Weight Loss Medications
7. Level 4 and 5 – Brief Residential Treatment and Bariatric Surgery
8. Weight Loss Maintenance
9. Overview of Implementation/Integration



# Module Example:

## Health Behavior Counseling and Supporting Self-Management

### 1 Objectives Screen:

1. Describe the basic principles of effective counseling for health behavior change.
2. Demonstrate communication techniques appropriate for patients in various stages of readiness to change.
3. Interpret the *MOVE!23* Staff Report and use this information to assist patients with health behavior change.
4. List the basic principles of self-management support and explain the use of telephone follow-up in support of *MOVE!* Level 1.

28 Content Screens plus 1 Summary Screen

10 Question Screens

1 Reference Screen



# Current National Statistics

- 2000 – 40 of 200 or so facilities reported having a weight management program
  - Not comprehensive, not multidisciplinary, no screening, consult based
- October, 2006 – 96% of programs report having weight management program (147/153 hospitals – 48,352 unique patients)
- How many counseled and offered MOVE!?
  - Accept rate 5% - 967,040
  - Accept rate 10% - 483,520



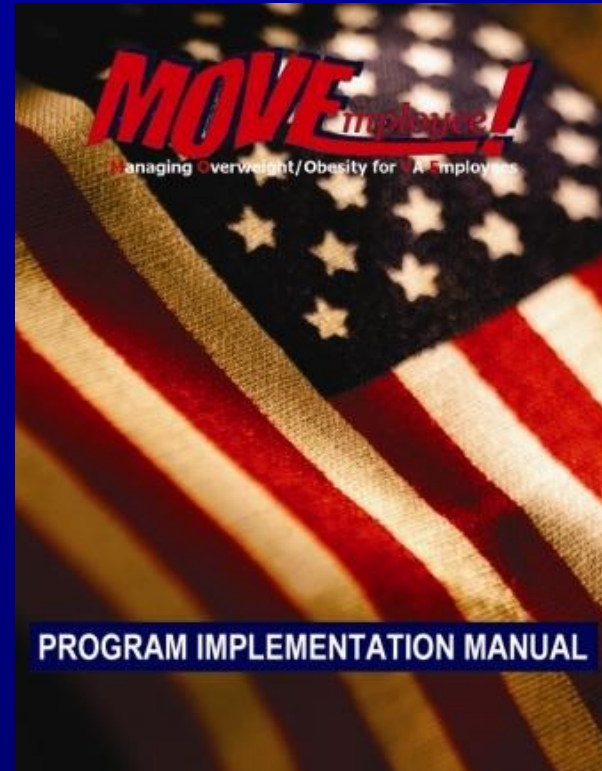
# Other Supportive Activities/Materials



# *MOVEmployee!*

Product of NCP Health Promotion & Employee Wellness

- *MOVEmployee!* Manual
- Uses elements of *MOVE!*
- Can be tailored to facility's needs



<http://www.prevention.va.gov/Wellness/MOVEEmployeeManualInternetVersion1.0.pdf>

# HealthierUS Veterans Initiative

- Joint VA-HHS Initiative
- Focus: educate veterans, their families, and communities about the health risks of obesity and diabetes
- Includes five components:
  - "*Prescription for Health*"
  - Collaboration between VA medical facilities and *Steps to a HealthierUS* and other HHS programs
  - Promotion of *MOVE!* Weight Management Program
    - Internet Healthcare Provider Report
    - Elway Video
  - A national communication and health promotion campaign A
  - *Fit for Life* Veteran Volunteer Corps



# HealthierUS Veterans Initiative

- Simple Message:

- Eat Healthy
- Be Active
- Get Fit for Life



[www.HealthierUSVeterans.va.gov](http://www.HealthierUSVeterans.va.gov)



# CPG & *MOVE!*





# Subtle Variances in CPG & *MOVE!*

	<i>MOVE!</i> (pt. self-management)	CPG (medical model)
Screening	Every Other Year	Yearly
BMI threshold/ waist circumference	BMI of $\geq 25$	BMI of $\geq 30$ or BMI of $\geq 25$ in presence of a weight-related disorder, or increased waist circumference
Eligibility	Criteria provided to identify patients who may not benefit from weight loss	No criteria provided



*MOVE!*

# Subtle Variances in CPG & *MOVE!*

	<i>MOVE!</i> (pt. self-management)	CPG (medical model)
Readiness Assessment	After screening for BMI and assessment of likelihood to benefit	After medical assessment
Baseline Assessment	<i>MOVE!</i> <sup>23</sup> used to assess self-reported nutrition, physical activity behavior and barriers	PCP does medical H&P and lab tests (lipids, LFTs, FBS) as indicated



# Subtle Variances in CPG & *MOVE!*

	<i>MOVE!</i> (pt. self-management)	CPG (medical model)
Weight Loss Goal	Reassess based on goals set by patient	Reassess based on <1-2 # weight loss per week
Treatment Plan	Self-determined plan	Detailed, documented treatment plan



# CPG Implementation Barriers

- Staff resources/training
- Other resources – equipment, space
- Measuring waist circumference
- Medical assessment prior to readiness assessment
- Annual assessment requires resources
- Detailed treatment plan written and placed in record
- Individualized dietary plan would require additional workload for dietitians



# CPG Toolkit

## Recommendations from NCP and Field

- Staff Tools:
  - Tape measures
  - Waist circumference measurement training
  - Motivational counseling
  - Take action for diabetes management (physical activity guide)
  - NIA – Exercise guide (dvd)
- Patient Tools:
  - Food & activity journal
  - Graphing tools for weight loss
  - Personal contract
  - My treatment plan
  - Pocket guide to serving sizes
  - Exercise video
  - Etools



# CPG Toolkit

## Recommendations from NCP and Field (existing items from *MOVE!* toolkit)

- Staff Tools:
  - Group sessions
  - Pocket guides
  - MOVE! orientation video (staff)
  - Point of decision prompts
  - Clinical reference manual
  - Administrative ref. manual
  - Posters
  - BMI chart
- Patient Tools:
  - *MOVE!23*
  - *MOVE!* Website
  - Handouts
  - Patient folders
  - Pedometers (DoD)
  - MOVE! orientation video (patient)
  - Certificate of participation



# Web Tools Available for Use by DoD



# MOVE! Web Tools

- [www.move.va.gov](http://www.move.va.gov)
  - Manuals, materials
  - *MOVE!23*
    - Patient Report
    - Healthcare Provider Report
  - Handout (10 standard) 90+ additional
    - Tailored by *MOVE!23*
  - Group Session Guidance





# More on *MOVE!23*

- 23 items
  - Risks for exercise, weight management history, personal barriers: physical activity, behavioral, eating – internet version is anonymous
- Patient Report
  - Summarizes, identifies barriers, identifies handouts to address barriers
- Staff Report
  - Brief version of patient report with guidance on next steps



MOVE! Home - Microsoft Internet Explorer provided by VA NCP

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MOVE! HOME  
Who developed MOVE!  
VA Weight Management Executive Council  
MOVE! features  
Why MOVE!?  
What is overweight/obesity?  
What is BMI?  
Who can participate in MOVE!?  
How do I get involved with MOVE!?  
**MOVE!23 Questionnaire**  
MOVE! Handouts  
MOVE! Public Service Announcements  
MOVE! Q & A  
MOVE! Press

**WHAT'S NEW**

**HealthierUS Veterans Public Service Announcements**

**Eat Healthy  
Be Active  
Get Fit For Life**

Three *HealthierUS Veterans* Public Service Announcements featuring former Denver Bronco John Elway and **MOVE!** have been filmed and are currently being broadcast on network television. The 60 second, 30 second and 15 second PSAs are located in the *HealthierUS Veterans* Toolkit.

[15 Second PSA >](#) [30 Second PSA >](#) [60 Second PSA >](#)

**MOVE!**

**MOVE!** is a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention (NCP), a part of the Office of Patient Care Services, to help veterans lose weight, keep it off and improve their health.

**MOVE!**

If you are a veteran interested in finding out more about **MOVE!**, click here.

[Link to the MOVE!23 questionnaire](#)




http://www.move.va.gov/move23/questionnaire.asp - Microsoft Internet Explorer provided by VA NCP

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 **MOVE!**  
VETERANS HEALTH  
ADMINISTRATION


**Weight Management Program**

◀ previous next ▶

11: Check the statement that **most closely** applies to you:

---

- ☐ a) I am not considering trying to control my weight at this time.
- ☐ b) I am considering trying to control my weight sometime within the next six months.
- ☐ c) I am ready to make some changes to control my weight.
- ☐ d) I am actively working on controlling my weight at this time.
- ☐ e) I have been continuously and successfully doing things to control my weight for more than the last six months.





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# MOVE!

## Weight Management Program

**MOVE! 23**  
Retrieval Code: E81.39180B

[CLOSE WINDOW](#) Date: 3/25/2007

**PLEASE BRING THIS PRINTED REPORT OR THE CODE ABOVE TO YOUR APPOINTMENT WITH YOUR VA HEALTHCARE TEAM. THIS CODE ALLOWS YOUR VA HEALTHCARE TEAM TO ACCESS YOUR ANSWERS TO THE *MOVE!23***

Thank you for completing the questionnaire. Congratulations to you, and welcome. You have enrolled in the *MOVE!* Program, which is the VA national weight management program for veterans. By enrolling, you have indicated that you want to manage your weight. That is one of the BEST things you can do for your health! You are on the right track!

You will receive a basic set of information and instructions. There are additional handouts available that may relate to your individual situation. You can ask your *MOVE!* healthcare team member about those. You may want to get just a few at a time.

Based on your responses to the *MOVE!23*:

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### Medical Information

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- You indicated the following medical issue(s):
  - Diabetes – even if controlled by medication or diet
  - High blood pressure – even if controlled by medication or diet
  - Male and 45 or over
  - High blood cholesterol – even if controlled by medication or diet

It is probably safe for you to begin mild to moderate exercise. You should see your doctor before starting any heavy or vigorous activities.

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### Family and Weight Control History

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- You indicated that you have gained and lost weight over and over again. In the *MOVE!* Program, we encourage you to make changes in your eating and physical activity that you can maintain. The *MOVE!* handout (M01) Skip The Fad Diet can help.
- Genetics and family habits may have played a role with your weight. The *MOVE!* Program gives you tools and resources to reach and maintain a healthy weight. You can do it!
- You indicated that you can rely on family or friends for support somewhat. It may be helpful for you to find others who will also give you support and



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- You indicated that you have gained and lost weight over and over again. In the **MOVE!** Program, we encourage you to make changes in your eating and physical activity that you can maintain. The **MOVE!** handout (M01) Skip The Fad Diet can help.
- Genetics and family habits may have played a role with your weight. The **MOVE!** Program gives you tools and resources to reach and maintain a healthy weight. You can do it!
- You indicated that you can rely on family or friends for support somewhat. It may be helpful for you to find others who will also give you support and encouragement as you work on weight control. **MOVE!** can also offer you support. The **MOVE!** handout (B27) Involving Others in Your Weight Control Program offers tips on getting the support you need.

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### Weight Management Goals and Readiness

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- The scale below indicates how you rated the importance of weight management to you personally and your level of confidence in your ability to change behaviors related to weight management.

0 1 2 3 4 5 6 7 8 9 10

Not at all Confidence Importance Very

If you rated "importance" or "confidence" in the middle or low range, don't feel bad. Many people who are starting with weight management often feel the same way. The more important weight management becomes to you and the more confidence you gain, the more likely you will be successful. Talk with your **MOVE!** healthcare team about what help you might need.

- It appears that you are ready to begin working on controlling your weight. Super!! Ask for the **MOVE!** handout (B04) Getting Ready to Lose Some Weight?.
- You indicated that you think you can lose 11-25 lbs in one year. Your expectations for losing weight are realistic. In general, people can safely lose 1/2 -2 pounds a week, on average, if they work at it. Go for it!

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### Nutrition and Eating Overview

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- Eating food too often from restaurants, fast food places, convenience stores, and vending machines makes managing weight difficult. The **MOVE!** handout (N25) Restaurant Tips can help with making healthy food choices when eating out.
- Junk food is everywhere and is tempting for you. Plan ahead and have healthy foods available. The **MOVE!** handout (S06) Making Healthy Food Choices and (B20) Planning Ahead may help.
- Being hungry all the time is an issue for you. It is hard not to eat when you are feeling hungry. There are ways to deal with this. Ask for the **MOVE!** handout (B15) Hungry All the Time? for tips.



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- Junk food is everywhere and is tempting for you. Plan ahead and have healthy foods available. The **MOVE!** handout (S06) Making Healthy Food Choices and (B20) Planning Ahead may help.
- Being hungry all the time is an issue for you. It is hard not to eat when you are feeling hungry. There are ways to deal with this. Ask for the **MOVE!** handout (B15) Hungry All the Time? for tips.
- You eat relatively frequently, and that is good as long as you eat **small** healthy meals or snacks. Be careful to limit high calorie foods.
- Eating too quickly may result in eating too much. Everyone can benefit from eating slowly and truly tasting and enjoying what they eat. If you eat too quickly, the **MOVE!** handout (B26) Slow Down... You Eat Too Fast... may help.

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### Physical Activity Overview

- You reported **30-59 minutes** of moderate physical activity on **3 days** per week and **no** vigorous activity per week.

For health benefits, the Surgeon General recommends at least 30 minutes of moderate physical activity on 5 or more days per week. With the help of your **MOVE!** healthcare team, you can build-up to this level slowly and safely.

- You indicated that being "too tired" may get in the way of being more physically active. Physical activity can often energize you. Consult your **MOVE!** healthcare team for more information.

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### Final Words

A message for you:  
You have taken the first big step towards improving your health and your well- being by enrolling in **MOVE!**. You are **taking charge of your health!** Where to go from here?


- **Take it one step at a time**, and set one or two goals you can accomplish. Trying to change too many things at once becomes overwhelming. **Do it at your own pace.**
- **Stay in close touch** with the VA staff members who are working with you on the **MOVE!** program.
- Losing and controlling your weight takes **concentration**. Make your health a top priority!
- If you find it is too difficult to overcome some of the problems you have indicated, contact your **MOVE!** staff member for additional help. It does get much easier over time, as new healthier habits replace old ones

Discuss the above with your VA Move! healthcare team. They can help you in setting realistic, achievable goals. Successful weight management involves lifestyle change for a lifetime. The rewards include having more energy and improving your health. Your risk for developing serious illness will be greatly reduced. You will feel better about yourself, too. So get Moving on your way to a fit and healthy you!

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# MOVE!

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## Weight Management Program

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### MOVE! 23 Questionnaire Healthcare Provider Report

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(age: 48) \*RC: E81.39180B Date: 3/25/2007

\* RC = Retrieval Code for veterans receiving care in the Department Of Veterans Affairs.

This report is for use by healthcare providers to assist individuals with weight management. The *MOVE!23* Patient Questionnaire identifies self-reported personal barriers for weight management and physical activity. Healthcare providers should review the *MOVE!23* Patient Report with patients before they begin new weight management or physical activity programs. The Provider Report complements the *MOVE!23* Patient Report, which provides information tailored just for them.

The *MOVE!23* Healthcare Provider Report identifies:

- If there is a need for further clinical evaluation and/or physical activity precautions
- Personal barriers to changing diet and/or physical activity behavior
- Specific patient handouts based on patient reported barriers, available on the *MOVE!* website
- Other self-management support materials for patients available on the *MOVE!* website

Information regarding *MOVE!* program development and additional resources for healthcare providers and patients are available at the following sites:

- [WWW.MOVE.VA.GOV](http://WWW.MOVE.VA.GOV)
- [WWW.HEALTHIERUSVETERANS.VA.GOV](http://WWW.HEALTHIERUSVETERANS.VA.GOV)

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### Key findings and further suggestion:

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Individual's Stage of Readiness to Change: Preparation (Ready)  
Review summary below.





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**Key findings and further suggestion:**

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Individual's Stage of Readiness to Change: Preparation (Ready)  
Review summary below.

- Individual has "Red Flags" that require further evaluation and/or treatment prior to participation in a weight management program. *Review summary below.*

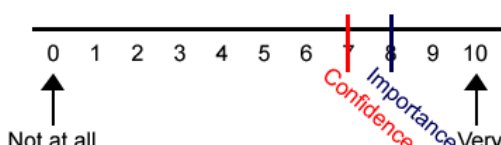
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**MOVE!23 Questionnaire Summary**

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**Importance, Confidence, and Readiness to Change**

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The individual checked that he/she is ready to make some changes to control weight. *Congratulate the individual and support self-efficacy. If importance or confidence is rated in the mid or low range, ask the individual what it might take to rate them 1-2 points higher. See **MOVE!** Handout B04 - GETTING READY TO LOSE SOME WEIGHT*

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**Red Flags for Further Evaluation Prior to Weight Management Participation**

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The individual is reporting the following:

- Male and 45 or over
- Diabetes – even if controlled by medication or diet
- High blood pressure – even if controlled by medication or diet

The individual can begin moderate physical activity without a medical evaluation assuming good control of any chronic conditions. The primary care provider should perform a medical evaluation before the individual starts any vigorous physical activity.



http://www.move.va.gov/move23/qresultsStaffReport\_2.asp - Microsoft Internet Explorer provided by VA NCP

The individual can begin moderate physical activity without a medical evaluation assuming good control of any chronic conditions. The primary care provider should perform a medical evaluation before the individual starts any vigorous physical activity.

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### Weight History, Expectations, and Prior/Current Weight Management Strategies

Individual reports current health to be: Poor

Individual reports weight gain pattern as:  
I have gained and lost weight many times over the years ("yo-yo"). M01 - SKIP THE FAD DIET

The individual reports using the following strategies to manage weight:

strategy	previously used	currently using
Some form of dieting, that is eating differently from the way you usually eat for the sake of losing weight	✓	<input type="checkbox"/>
Avoiding particular foods or food groups	✓	✓
Physical exercise, such as walking, swimming or calisthenics	✓	<input type="checkbox"/>
Prepackaged meals	✓	<input type="checkbox"/>
Meal replacements in bar, powder, liquid, tablet or water form	✓	<input type="checkbox"/>
Keeping a log or journal for eating or exercise	✓	<input type="checkbox"/>

*You may want to discuss with the individual what worked and what didn't work for him/her in the past and the pros and cons of various methods he/she has tried or is currently using.*

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### Behavioral Summary

Can rely on friends and family for support: Somewhat. See **MOVE!** Handout B27 - INVOLVING OTHERS IN YOUR WEIGHT CONTROL PROGRAM

Reasons given by individual for his/her overweight/obesity:

- None of the above - Ask individual for further information.

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### Nutrition Summary

Reported Barriers to Changing Eating Habits:  
**MOVE!** handouts are available for some of these issues

- Eating food from restaurants, fast food places, convenience stores, vending machines - N25 - RESTAURANT TIPS



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## Nutrition Summary

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Reported Barriers to Changing Eating Habits:  
**MOVE!** handouts are available for some of these issues

- Eating food from restaurants, fast food places, convenience stores, vending machines - [N25 - RESTAURANT TIPS](#)
- Too much high calorie food available at home or work - [S06 - MAKING HEALTHY FOOD CHOICES](#), [B20 - LOSE WEIGHT BY PLANNING AHEAD](#)
- Feeling hungry much of the time - [B15 - HUNGRY ALL THE TIME](#)

Current Eating Patterns:  
 Individual may be eating too quickly. [B26 - SLOW DOWN YOU EAT TOO FAST](#)

Individual may be eating out or buying food to go frequently. This often can lead to overeating or eating higher calorie foods. [N25](#), [N07 - FAST FOOD ALTERNATIVES](#)

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## Physical Activity Summary

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Current Physical Activity Levels  
 30-59 minutes of Moderate Activity on 3 days per week.  
 Moderate - Moderate physical activities cause light sweating and a slight to moderate increase in breathing or heart rate. examples include brisk walking, bicycling, vacuuming, gardening, and golfing without a cart.

No weekly Vigorous Activity

Reported Barriers to Increasing Physical Activity:  
**MOVE!** handouts are available for some of these issues

- Too tired


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## Summary of Suggested Handouts

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[B04 - GETTING READY TO LOSE SOME WEIGHT](#)  
[B15 - HUNGRY ALL THE TIME](#)  
[B20 - LOSE WEIGHT BY PLANNING AHEAD](#)  
[B26 - SLOW DOWN YOU EAT TOO FAST](#)  
[B27 - INVOLVING OTHERS IN YOUR WEIGHT CONTROL PROGRAM](#)  
[M01 - SKIP THE FAD DIET](#)  
[N07 - FAST FOOD ALTERNATIVES](#)  
[N25 - RESTAURANT TIPS](#)  
[S06 - MAKING HEALTHY FOOD CHOICES](#)

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NCP Home

**MOVE! HOME**

Who developed MOVE!

VA Weight Management Executive Council

MOVE! features

Why MOVE!?

What is overweight/obesity?

What is BMI?

Who can participate in MOVE!?

How do I get involved with MOVE!?

MOVE!23 Questionnaire

MOVE! Handouts

MOVE! Public Service Announcements

MOVE! Q & A

MOVE! Press Materials

Additional helpful resources

MOVE! References

For Health

## Handouts

[En Español](#)

### Standard

- S01 - The Basics Of Weight Control ver. 2.0
- S02 - Set Your Weight Loss Goals ver. 2.0
- S03 - Pedometer Guide ver. 2.0
- S04 - How Do I Get Started With Changing My Eating Habits ver. 2.0
- S05 - How Do I Get Started With Increasing My Physical Activity ver. 2.0
- S06 - Making Healthy Food Choices ver. 2.0
- S07 - F I T T ver. 2.0
- S08 - Daily Food And Physical Activity Log ver. 2.0
- S09 - Change Your Behavior ver. 2.0
- S10 - Change Your Thinking About Food, Exercise And Yourself ver. 2.0  
( Click a title to download or view the document. )

### Behavioral Health

- B01 - Old Habits Die Hard ver. 2.0
- B02 - So, You're Not Ready Yet ver. 2.0
- B03 - So, You're Thinking About It ver. 2.0
- B04 - Getting Ready To Lose Some Weight? ver. 2.0
- B05 - Yes! Now You're Doing It! ver. 2.0
- B06 - Yes! You Can Keep That Weight Off ver. 2.0
- B07 - Attitude!! ver. 2.0
- B08 - Body Image ver. 2.0
- B09 - Coping With Medical Problems ver. 2.0
- B10 - Coping With Pain ver. 2.0
- B11 - Weighing Your Options ver. 2.0
- B12 - Emotions And Your Weight ver. 2.0
- B13 - Boost Your Confidence ver. 2.0
- B14 - Guiding Thoughts And Images ver. 2.0
- B15 - Hungry All The Time ver. 2.0
- B16 - Tempted? ver. 2.0
- B17 - Irrational Ideas About Eating ver. 2.0
- B18 - Motivate! ver. 2.0
- B19 - Dealing With Boredom ver. 2.0
- B20 - Lose Weight... By Planning Ahead! ver. 2.0
- B21 - Pleasure! ver. 2.0
- B22 - ... ver. 2.0



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**Nutrition**

- N01 - [All Foods Can Fit](#) ver. 2.0
- N02 - [Calcium](#) ver. 2.0
- N03 - [Dairy](#) ver. 2.0
- N04 - [Hunger And Fullness](#) ver. 2.0
- N05 - [Eating At Home](#) ver. 2.0
- N06 - [Eating Well On A Budget](#) ver. 2.0
- N07 - [Fast Food Alternatives](#) ver. 2.0
- N08 - [Fat Out... Flavor In](#) ver. 2.0
- N09 - [What Are The Types Of Fat?](#) ver. 2.0
- N10 - [How To Read A Food Label](#) ver. 2.0
- N11 - [Food Label Quiz](#) ver. 2.0
- N12 - [Healthy Plate](#) ver. 2.0
- N13 - [Fruit](#) ver. 2.0
- N14 - [Food Record](#) ver. 2.0
- N15 - [Sodium](#) ver. 2.0
- N16 - [Special Occasion Eating](#) ver. 2.0
- N17 - [Liquid Calories](#) ver. 2.0
- N18 - [Make It Quick](#) ver. 2.0
- N19 - [Making A Meal Plan Work In A Family](#) ver. 2.0
- N20 - [Protein](#) ver. 2.0
- N21 - [Serving Sizes](#) ver. 2.0
- N22 - [Be A Frequent Feeder](#) ver. 2.0
- N23 - [Nutrient Label Claims](#) ver. 2.0
- N24 - [Recipe Smart Stand-Ins For Heart Healthy Cooking](#) ver. 2.0
- N25 - [Restaurant Tips](#) ver. 2.0
- N26 - [Snack Attack](#) ver. 2.0
- N27 - [Spice It Up](#) ver. 2.0
- N28 - [Grains](#) ver. 2.0
- N29 - [Sweet Suggestions](#) ver. 2.0
- N30 - [Vegetables](#) ver. 2.0
- N31 - [Water - Drink Up!](#) ver. 2.0

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**Physical Activity**

- P01 - [Barriers To Physical Activity](#) ver. 2.0
- P02 - [Benefits Of Regular Physical Activity](#) ver. 2.0
- P03 - [Calories Burned During Physical Activities](#) ver. 2.0
- P04 - [Why Warm-up, Cool-down And Stretch?](#) ver. 2.0
- P05 - [Indoor Physical Activities](#) ver. 2.0
- P06 - [Exercise Can Be Fun!](#) ver. 2.0
- P07 - [Exercise On A Budget](#) ver. 2.0
- P08 - [How Hard Should I Exercise?](#) ver. 2.0
- P09 - [How To Take Your Heart Rate](#) ver. 2.0
- P10 - [If You Sit Or Stand... MOVE!](#) ver. 2.0
- P11 - [Lack Of Time For Physical Activity?](#) ver. 2.0
- P12 - [Making A Good Fit! Shoes For Active Feet](#) ver. 2.0
- P13 - [Prevention Tips For Sore Muscles Or Cramps](#) ver. 2.0
- P14 - [Physical Activity And Your Safety](#) ver. 2.0
- P15 - [Walk](#) ver. 2.0
- P16 - [Strength Training Benefits](#) ver. 2.0

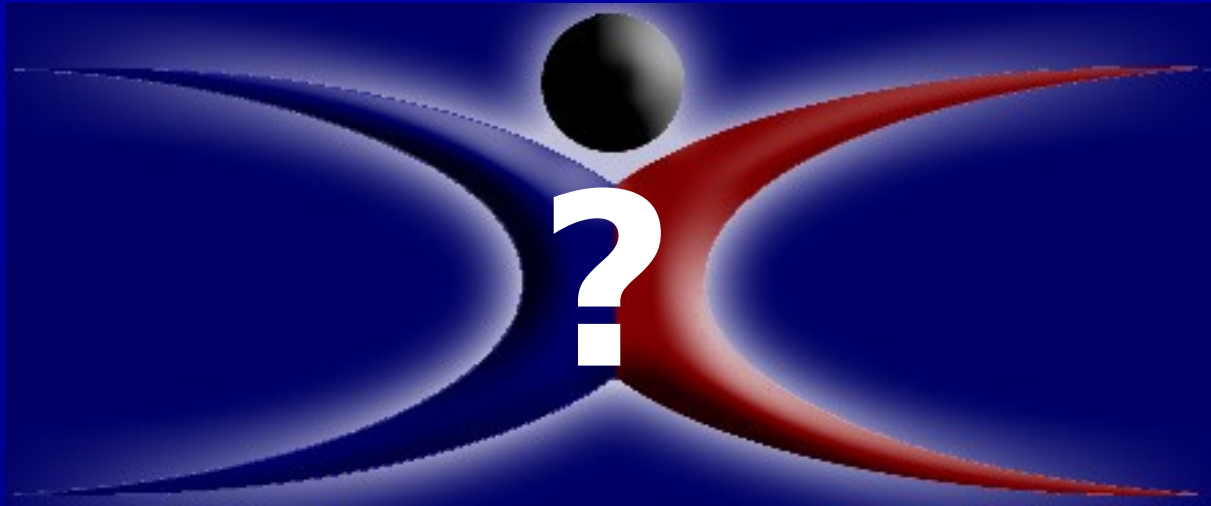


# MOVE!

# Web Site Statistics – from 1/1/07

- Hits
  - 541,765
  - average 6,606 hits per day
- Unique Visitors
  - 5,417
    - 3,780 once
    - 1,637 more than once – average 2.78
    - Average visit – 26 min 39 sec
- *MOVE!23s* completed - >45,000





Web Site and Web-based Materials: [vaww.move.med.va.gov](http://vaww.move.med.va.gov)

Electronic Mail Support: [move@va.gov](mailto:move@va.gov)

Telephone - **MOVE!** Hotline – **1-866-979-MOVE**

(contact information for VHA staff)

National Center for Health Promotion and Disease Prevention

3022 Croasdaile Dr., Suite 200

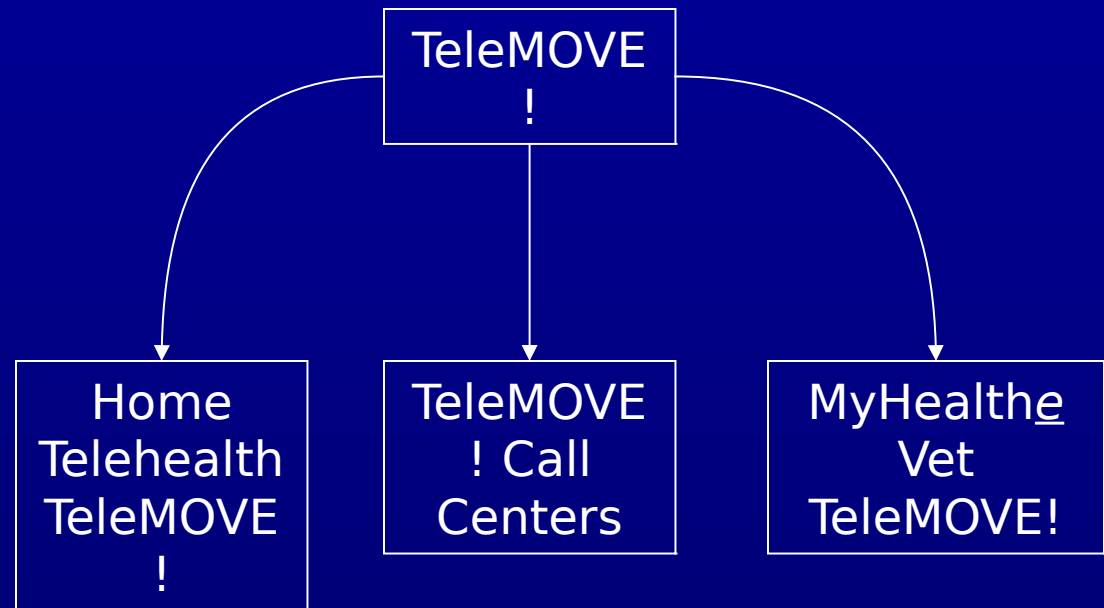
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# Self-Management Support

Telephone  
support



# *MOVE-Intensive*

- Guidelines for Level 4:
  - Residential treatment
  - Intensive outpatient counseling
  - VLCD +/- meal replacement products
  - Collaboration with bariatric surgery programs



# Relapse Prevention / Behavioral Maintenance

- New Handouts
- Need to really know what is going on with patients
- Are we giving them the support they need?



# Motivational Communication Tools

- Need assistance with how to talk to patients about these issues



# Support Materials Revision

- Quick Start Manual becomes  
MOVE! Administrative Reference  
Manual
- Clinical Reference Manual

